

# Finding Their Forever Home

## Client profile

## Heather and Karyn

### A New Chapter Begins: A forever home full of possibility

For Cara Supported Independent Living (SIL) Clients Heather and Karyn, 2025 marks a remarkable milestone - 23 years as housemates and 23 years as part of the Cara Community in Murray Bridge. Their bond runs deep, built on mutual respect, shared experiences, and an enduring friendship. When asked how she feels about her housemate, Karyn beams, her answer simple yet powerful: "Family."

Over the years, Heather and Karyn have created a home filled with warmth, understanding, and laughter. "Their relationship works so well because of their ability to accept one another," says Cara Regional Manager (RM), Emma Hansen. "They have many things in common but also their own interests, and they respect each other's differences." Their companionship extends beyond their home, with regular outings to their favourite spot, the Swanport Hotel - fondly referred to as "Swannies."

Now, a long-held dream has become a reality, the ladies have recently moved into their brand-new Specialist Disability Accommodation (SDA) home - a purpose-built, fully accessible space that marks the beginning of an exciting new chapter in their lives.

Their journey to this moment began in late 2022 when Cara partnered with housing provider New Dawn. Every step of the process was carefully planned, from consultations with Heather, Karyn, and their guardians, to ensuring SDA was included in their NDIS plans. Assessments were conducted, and collaboration helped shape a home that truly meets their needs.



Karyn with her new house purchases

By June 2024, the dream started taking shape as construction officially began. Excitement built with each site visit, as the ladies watched their future home rise from the ground.

Then, in early 2025, the moment they had been waiting for arrives - a walkthrough of the nearly completed home. "I was stunned by the accessibility of it," shares Emma Hansen. "The wide hallways, accessible ensuite, electric doors, and the kitchen design - all these features will make a huge difference in their day-to-day lives."

Thoughtfully designed with their individual needs front and centre, this forever home offers more than just comfort, it provides security, independence, and the right level of support to help them live with dignity and thrive. Every detail - from the spacious, wheelchair-friendly layout to the integrated state-of-the-art-assistive technology, such as height adjustable cabinetry and sensor and automatic doors - has been



Heather enjoying her new bedroom

carefully considered to promote autonomy, confidence and ease in everyday life.

This move is far more than just a change of address - it's a life-changing milestone that represents stability, choice, and the freedom to truly flourish. For Heather and Karyn, it's about waking up each day in a space designed specifically for their independence and comfort. It means cooking in a kitchen tailored to their needs, moving freely without barriers, and enjoying the dignity of a home that is truly theirs. With the right supports in place, they can focus on what matters most - building connections, engaging with their community, and doing the things that bring them joy.

They settled in just in time to celebrate their very first Easter - a joyful occasion filled with new routines, meaningful activities, and a growing sense of belonging.

Karyn sings in a local Community Choir - one of her favourite ways to stay socially connected. At home, Karyn enjoys playing games like UNO and Skip-Bo, painting, crafting, dancing, karaoke, and cooking. A fan of movies and music, she also loves a good game of BINGO - especially when staff join in the fun!

Heather finds joy in the simple pleasures: people-watching, scenic walks and drives, and relaxing with a good movie or her favourite music. She adores Peachy the house bird and delights in watching her flutter around. Heather especially enjoys sensory and pampering experiences - including foot massages and getting her nails done - which are part of her regular routine, fully supported by Cara staff.

This new home is not just a place to live - it's a place to belong, grow, and thrive. We are so proud to be part of Karyn and Heather's journey and look forward to watching them continue to flourish in their new space.

At Cara, we believe everyone deserves a home that suits their individual needs, lifestyle, and goals. For some of our clients, that means exploring the possibility of SDA funding through the NDIS.

SDA is designed for people with extreme functional impairment or high support needs, enabling them to live more independently in specially designed or modified homes, providing greater choice, comfort and autonomy.

If you're considering SDA your eligibility, or simply want to better understand your options, Cara is here to help. Get in touch today and book a free consultation with a Cara team member about how we can support you on the path to greater independence.

At Cara, we walk alongside our clients every step of the way. Our team works closely with individuals, families and support coordinators to:

- Explain what SDA is and who it's for
- Help gather the necessary evidence and documentation
- Advocate for the inclusion of SDA in your NDIS plan
- Connect you with appropriate housing options

Our goal is simple: to ensure every person we support is empowered to live their best possible life - and for some, that journey starts with the right home.

